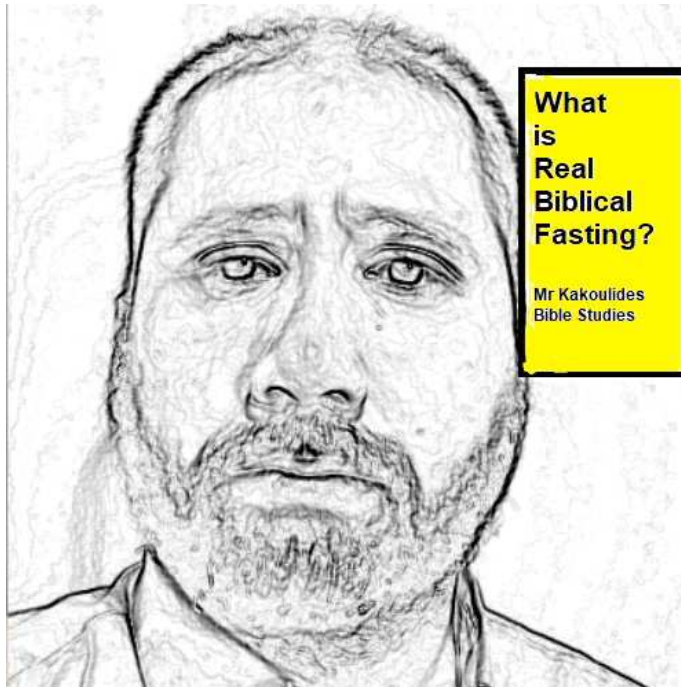




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Preface:

If there is ever a topic which many church members get confused is the topic on Fasting. Why do it , how to do it , who can I tell when I do it , When not to do it ,can I call eating veggies or fruits a fast?

Chapter 01 New Testament Christians are called to Fast

Jesus spoke very clearly that fasting was not to be done away with by the church in the following :

Matthew 9:14-15 NKJV 14 Then the disciples of John came to Him, saying, "Why do we and the Pharisees fast often, but Your disciples do not fast?" 15 And Jesus said to them, "Can the friends of the bridegroom mourn as long as the bridegroom is with them? But the days will come when the bridegroom will be taken away from them, and then they will fast.

Mark 2:18-20 NKJV 18 The disciples of John and of the Pharisees were fasting. Then they came and said to Him, "Why do the disciples of John and of the Pharisees fast, but Your disciples do not fast?" 19 And Jesus said to them,

"Can the friends of the bridegroom fast while the bridegroom is with them? As long as they have the bridegroom with them they cannot fast. 20 "But the days will come when the bridegroom will be taken away from them, and then they will fast in those days.

Luke 5:33-35 NKJV 33 Then they said to Him, "Why do the disciples of John fast often and make prayers, and likewise those of the Pharisees, but Yours eat and drink?" 34 And He said to them, "Can you make the friends of the bridegroom fast while the bridegroom is with them? 35 "But the days will come when the bridegroom will be taken away from them; then they will fast in those days."

In the Law of Moses called the Jews for only one fast a year and that is on the day of Atonement.

Numbers 29:7 NKJV 7 'On the tenth day of this seventh month you shall have a holy convocation. You shall afflict your souls; you shall not do any work.

However the Pharisees and John's disciples fasted twice a week

Luke 18:12 'I fast twice a week; I give tithes of all that I possess.'

And the days they fasted was on Mondays and Thursday as a means of extra credit with God as they was fasting , they notice that Jesus disciples did not fast as they did. So they came to Jesus asking him about his disciples and why they wasn't fasting . Jesus in response answers them that his disciples did not need to fast while Jesus aka the bridegroom a title which John the Baptist had for Jesus, was with them

John 3:29-30 NKJV 29 "He who has the bride is the bridegroom; but the friend of the bridegroom, who stands and hears him, rejoices greatly because of the bridegroom's voice. Therefore this joy of mine is fulfilled. 30 "He must increase, but I must decrease.

But they was to fast after Jesus was to be taken away from them aka Jesus' ascension. A few things to Notice on what was said :

- 1) Jesus disciples will one day fast
- 2) Jesus disciples did not need to fast while Jesus was with them
- 3) Fasting should not be force on people but it is to come from them willing
- 4) Since Jesus has now ascended to Heaven Fasting is called for by the Christian

In the Book of Acts and the Epistles we see the following about the Apostles and fasting:

A) Paul fasted after his conversion experience

Acts 9:8-9 NKJV 8 Then Saul arose from the ground, and when his eyes were opened he saw no one. But they led him by the hand and brought him into Damascus. 9 And he was three days without sight, and neither ate nor drank.

B) The Apostles Paul and Barnabas with the church fasting for example in Acts 13, 14

Acts 13:1-3 NKJV 1 Now in the church that was at Antioch there were certain prophets and teachers: Barnabas, Simeon who was called Niger, Lucius of Cyrene, Manaen who had been brought up with Herod the tetrarch, and Saul. 2 As they ministered to the Lord and fasted, the Holy Spirit said, "Now separate to Me Barnabas and Saul for the work to which I have called them." 3 Then, having fasted and prayed, and laid hands on them, they sent them away.

Acts 14:23 So when they had appointed elders in every church, and prayed with fasting, they commended them to the Lord in whom they had believed.(NKJV)

C) Paul also fasted on the Day of Atonement

Acts 27:9 Now when much time had been spent, and sailing was now dangerous because the Fast was already over, Paul advised them,

D) Paul makes mention of his fastings in his second Epistle the church of Corinthians

2 Corinthians 6:3-5 NKJV 3 We give no offense in anything, that our ministry may not be blamed. 4 But in all things we commend ourselves as ministers of God: in much patience, in tribulations, in needs, in distresses, 5 in stripes, in imprisonments, in tumults, in labors, in sleeplessness, **in fastings**;

_2 Corinthians 11:27 in weariness and toil, in sleeplessness often, in hunger and thirst, **in fastings often**, in cold and nakedness--(NKJV)

E) Also Cornelius was a man who fasted

Acts 10:30 So Cornelius said, "Four days ago I was fasting until this hour; and at the ninth hour I prayed in my house, and behold, a man stood before me in bright clothing,

F) We also see Peter fasting as he saw the vision that told him to preach to the Gentiles

Acts 10:9-11 NKJV 9 The next day, as they went on their journey and drew near the city, Peter went up on the housetop to pray, about the sixth hour. 10 Then he became very hungry and wanted to eat; but while they made ready, he fell into a trance 11 and saw heaven opened and an object like a great sheet bound at the four corners, descending to him and let down to the earth.

So by what we read it is very clear that the New Testament Christian is called to fast and if so it leads us to our following questions which we will answer in our next chapter how should it be done according to the Bible and why should we do it?

Chapter 02 **How is Fasting according to the Bible? Why Fast?**

The Word Fasting in Hebrew is צֹם some which comes from צָוַם tsuwm means to abstain from food

The Word Fasting in Greek is νηστεια nestis means not having eaten

The Theological Word Book of the Old Testament says the following which will tell us how is Fasting according to the Bible and why to fast , under fast { "Fasting is depriving the body of nourishment as a sign that one is experiencing great sorrow. Mourning, is further expressed in weeping and lamentation and in putting on sackcloth and ashes. {#Es 4:3 } He who fasts claims to afflict himself or his soul, i.e. his inner person. One could fast in behalf of another, e.g., the Psalmist for his enemies during their illness. {#Ps 35:13 } The fast most often lasted from sunrise until sunset, {cf. #2Sa 1:12 } and it could be total or partial abstinence. {#Ps 35:13 Da 10:3 } Fasting accompanied mourning for the dead, and for severe grief it lasted seven days (#1Sa 31:13). One also fasted to gain the attention of God on behalf of his suffering in sickness. David's illegitimate son by Bathsheba was critically ill; therefore David fasted and mourned many days. {#2Sa 12:16ff } On the seventh day David learned that the child had died; then he arose, washed, anointed himself and changed his clothing, for he perceived that he could accomplish nothing now that the child was dead. {#2Sa 12:20-23 } Another occasion for fasting was making a critical decision or following an ominous course of action. Esther, intending to seek the king's favor in reversing the decree of Haman, placed herself under the king's mercy and possible wrath which could end in her death. Therefore she

requested that all the Jews fast and entreat God for her mission. {#Es 4:16 } Nehemiah fasted upon learning of the sorrowful condition of Jerusalem, {#Ne 1:4 } and then proceeded to work to correct the situation. Apparently before a person was stoned for blasphemy, the people mourned the sin and coming execution with fasting. Jezebel proclaimed such a fast for Naboth. {#1Ki 21:9,12 } Also upon learning of one's sin, fasting is in order. When Elijah condemned Ahab for Naboth's death, he mourned in sackcloth and fasted. God had mercy on him and delayed the punishment on his house. {#1Ki 21:27ff } An individual could intercede in supplication and fasting for an entire nation, Daniel confessed his sin and his people's sins that had led them into captivity. {#Da 9:3-19 } Gabriel answered his prayer, assured him of the ending of the captivity and promised the establishing of a new covenant. {#Da 9:22-27 } National fasting was called during times of extreme crisis, such as a plague, a military threat or the death of a king. Jehoshaphat proclaimed a fast because the kings of Moab and Ammon were planning a campaign against Judah, The people assembled at Jerusalem. Jehoshaphat led the assembly in prayer. Then Jahaziel, a Levite, under the inspiration of the Lord's Spirit, proclaimed an assurance of salvation. Prayer and enthusiastic praising followed. Afterwards Jehoshaphat led the army to war, but Yahweh had already discomfited the enemies; the army had only to collect the spoil. {#2Ch 20:1-29 } In 604 when the Babylonian army was camped against Ashkelon, about a three day march from Jerusalem, King Jehoiakim proclaimed a fast. Jer used this occasion to have Baruch read his prophecies from a scroll before the people near the New Gate of the temple. {#Jer 36:1-10 } Jer wanted the people to move from an outward show of contrition to true repentance. On another occasion, Joel foresaw the coming of the Day of Yahweh; therefore he exhorted the people to sanctify a fast and call a solemn assembly. {#Joe 1:14 Joe 2:15 } He proclaimed that if the people would truly repent in mourning and fasting, then God would be gracious and postpone the day of judgment. {#Joe 2:12-14 } The case of Nineveh shows God's desire to extend mercy and not judgment, On hearing the proclamation of judgment by Jonah, the Ninevites proclaimed a fast and repented. Thereby they averted for a time the day of judgment. {#Jon 3:5-10 } Certain days in the calendar were for national fasting, the most prominent being the Day of Atonement. {#Le 16:29,31 Le 23:27-32; fasting is indicated in the phrase 'afflict oneself,' nh npsh } The number of these days appears to have grown in the post-exilic period. #Zec 8:19 lists four fast days during the year. A fast day precedes the celebration of Purim. {#Es 9:31 } By the time of the NT the pious fasted on Monday and Thursday of every week. {cf. #Lu 18:12 } Fasting in itself did not cause Yahweh to turn to his people. He did not succumb merely to the afflictions of the body. A true fast had to indicate that the people were intent on seeking righteousness, which included taking care of the poor and needy (#Isa 58; cf. #Jer 14:12 Zec 7:5). However, when the Lord brings final salvation to his people, the months of fast will be turned into feasts of joy and gladness. {#Zec 8:19 } " }

Chapter 03 No such thing as a vegetable or fruit Fast aka Daniel Fast

A couple days ago I was visiting a church that the pastor called for the congregation for a 21 day fast starting at 12 of January. The Lady I was dating at the time said to me that she was going to do a fruit and Veggie fast. She quickly called it the Daniel fast at that point I told her "Daniel never did such a fast" The only Fast that is mention in the book of Daniel is regular fast of not eating. Then she went on to say the fasting she is going to do is found somewhere else in the Bible but she never told me where.

The Word Fast or Fasting is not mentioned in Daniel chapter 1. But What we see in Daniel one is a rejection of eating meat due to the meat either being sacrifice to a Idol or against the Law of Moses but not a fasting .

Daniel 1:8-16 NKJV But Daniel purposed in his heart that he would not defile himself with the portion of the king's delicacies, nor with the wine which he drank; therefore he requested of the chief of the eunuchs that he might not defile himself. Now God had brought Daniel into the favor and goodwill of the chief of the eunuchs. And the chief of the eunuchs said to Daniel, "I fear my lord the king, who has appointed your food and drink. For why should he see your faces looking worse than the young men who are your age? Then you would endanger my head before the king." So Daniel said to the steward whom the chief of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah, "Please test your servants for ten days, and let them give us vegetables to eat and water to

drink. "Then let our appearance be examined before you, and the appearance of the young men who eat the portion of the king's delicacies; and as you see fit, so deal with your servants." So he consented with them in this matter, and tested them ten days. And at the end of ten days their features appeared better and fatter in flesh than all the young men who ate the portion of the king's delicacies. Thus the steward took away their portion of delicacies and the wine that they were to drink, and gave them vegetables.

[What food was to defile aka makes a Jew unclean but what was unclean to him found in Leviticus 11](#)

Leviticus 11:1-47 NKJV 1 Now the LORD spoke to Moses and Aaron, saying to them, 2 "Speak to the children of Israel, saying, 'These are the animals which you may eat among all the animals that are on the earth: 3 'Among the animals, whatever divides the hoof, having cloven hooves and chewing the cud-that you may eat. 4 'Nevertheless these you shall not eat among those that chew the cud or those that have cloven hooves: the camel, because it chews the cud but does not have cloven hooves, is unclean to you; 5 'the rock hyrax, because it chews the cud but does not have cloven hooves, is unclean to you; 6 'the hare, because it chews the cud but does not have cloven hooves, is unclean to you; 7 'and the swine, though it divides the hoof, having cloven hooves, yet does not chew the cud, is unclean to you. 8 'Their flesh you shall not eat, and their carcasses you shall not touch. They are unclean to you. 9 'These you may eat of all that are in the water: whatever in the water has fins and scales, whether in the seas or in the rivers-that you may eat. 10 'But all in the seas or in the rivers that do not have fins and scales, all that move in the water or any living thing which is in the water, they are an abomination to you. 11 'They shall be an abomination to you; you shall not eat their flesh, but you shall regard their carcasses as an abomination. 12 'Whatever in the water does not have fins or scales-that shall be an abomination to you. 13 'And these you shall regard as an abomination among the birds; they shall not be eaten, they are an abomination: the eagle, the vulture, the buzzard, 14 'the kite, and the falcon after its kind; 15 'every raven after its kind, 16 'the ostrich, the short-eared owl, the sea gull, and the hawk after its kind; 17 'the little owl, the fisher owl, and the screech owl; 18 'the white owl, the jackdaw, and the carrion vulture; 19 'the stork, the heron after its kind, the hoopoe, and the bat. 20 'All flying insects that creep on all fours shall be an abomination to you. 21 'Yet these you may eat of every flying insect that creeps on all fours: those which have jointed legs above their feet with which to leap on the earth. 22 'These you may eat: the locust after its kind, the destroying locust after its kind, the cricket after its kind, and the grasshopper after its kind. 23 'But all other flying insects which have four feet shall be an abomination to you. 24 'By these you shall become unclean; whoever touches the carcass of any of them shall be unclean until evening; 25 'whoever carries part of the carcass of any of them shall wash his clothes and be unclean until evening; 26 'The carcass of any animal which divides the foot, but is not cloven-hoofed or does not chew the cud, is unclean to you. Everyone who touches it shall be unclean. 27 'And whatever goes on its paws, among all kinds of animals that go on all fours, those are unclean to you. Whoever touches any such carcass shall be unclean until evening. 28 'Whoever carries any such carcass shall wash his clothes and be unclean until evening. It is unclean to you. 29 'These also shall be unclean to you among the creeping things that creep on the earth: the mole, the mouse, and the large lizard after its kind; 30 'the gecko, the monitor lizard, the sand reptile, the sand lizard, and the chameleon. 31 'These are unclean to you among all that creep. Whoever touches them when they are dead shall be unclean until evening. 32 'Anything on which any of them falls, when they are dead shall be unclean, whether it is any item of wood or clothing or skin or sack, whatever item it is, in which any work is done, it must be put in water. And it shall be unclean until evening; then it shall be clean. 33 'Any earthen vessel into which any of them falls you shall break; and whatever is in it shall be unclean: 34 'in such a vessel, any edible food upon which water falls becomes unclean, and any drink that may be drunk from it becomes unclean. 35 'And everything on which a part of any such carcass falls shall be unclean; whether it is an oven or cooking stove, it shall be broken down; for they are unclean, and shall be unclean to you. 36 'Nevertheless a spring or a cistern, in which there is plenty of water, shall be clean, but whatever touches any such carcass becomes unclean. 37 'And if a part of any such carcass falls on any planting seed which is to be sown, it remains clean. 38 'But if water is put on the seed, and if a part of any such carcass falls on it, it becomes unclean to you. 39 'And if any animal which you may eat dies, he who touches its carcass shall be unclean until evening. 40 'He who eats of its carcass shall wash his clothes and be unclean until evening. He also who carries its carcass shall wash his clothes and be unclean until

evening. 41 'And every creeping thing that creeps on the earth shall be an abomination. It shall not be eaten. 42 'Whatever crawls on its belly, whatever goes on all fours, or whatever has many feet among all creeping things that creep on the earth-these you shall not eat, for they are an abomination. 43 'You shall not make yourselves abominable with any creeping thing that creeps; nor shall you make yourselves unclean with them, lest you be defiled by them. 44 'For I am the LORD your God. You shall therefore consecrate yourselves, and you shall be holy; for I am holy. Neither shall you defile yourselves with any creeping thing that creeps on the earth. 45 'For I am the LORD who brings you up out of the land of Egypt, to be your God. You shall therefore be holy, for I am holy. 46 'This is the law of the animals and the birds and every living creature that moves in the waters, and of every creature that creeps on the earth, 47 'to distinguish between the unclean and the clean, and between the animal that may be eaten and the animal that may not be eaten.'"

[As Christians we could choose to eat or not to eat certain foods because nothing is unclean when it comes to these foods anymore .](#)

1 Timothy 4:2-5 NKJV 2 speaking lies in hypocrisy, having their own conscience seared with a hot iron, 3 forbidding to marry, and commanding to abstain from foods which God created to be received with thanksgiving by those who believe and know the truth. 4 For every creature of God is good, and nothing is to be refused if it is received with thanksgiving; 5 for it is sanctified by the word of God and prayer.

Mark 7:19 because it goeth not into his heart, but into his belly, and goeth out into the draught? This he said, making all meats clean.(ASV)

[But Please when you do so, don't call it fasting because it is dieting but not fasting. Daniel does talk about fasting here is what it has to say fasting is no food.](#)

Daniel 6:18 ¶ Now the king went to his palace and spent the night fasting; and no musicians were brought before him. Also his sleep went from him.

Daniel 9:3 Then I set my face toward the Lord God to make request by prayer and supplications, with fasting, sackcloth, and ashes.(NKJV)

[The word that is used for fasting in both occasion means to be without food and in it's context you will not see them eating veggies and fruits .](#)

Chapter 04 Fasting is to be in Secret

[The Bible does speak about public fasting as when we see the church fasting in Acts .](#)

Acts 13:1-3 NKJV 1 Now in the church that was at Antioch there were certain prophets and teachers: Barnabas, Simeon who was called Niger, Lucius of Cyrene, Manaen who had been brought up with Herod the tetrarch, and Saul. 2 As they ministered to the Lord and fasted, the Holy Spirit said, "Now separate to Me Barnabas and Saul for the work to which I have called them." 3 Then, having fasted and prayed, and laid hands on them, they sent them away.

[But over all fasting is to be in secret when one does it .](#)

Matthew 6:16-18 NKJV 16 "Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. 17 "But you, when you fast, anoint your head and wash your face, 18 "so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.

[If you are married fasting needs to be with the permission of your wife or husband](#)

1 Corinthians 7:4-5 NKJV 4 The wife does not have authority over her own body, but the husband does. And likewise the husband does not have authority over his own body, but the wife does. 5 Do not deprive one another except with consent for a time, that you may give yourselves to fasting and prayer; and come together again so that Satan does not tempt you because of your lack of self-control.

If you are living in a house with family it is very hard to fast without them knowing it so let them know it but if possible don't let them know it. But keep it secret from those who are outside.

Chapter 05 _Fasting that God is pleased with

The Book of Isaiah tells us what to do when you are fasting besides not eating you should focus on helping others in need.

Isaiah 58:1-14 NKJV 1 "Cry aloud, spare not; Lift up your voice like a trumpet; Tell My people their transgression, And the house of Jacob their sins. 2 Yet they seek Me daily, And delight to know My ways, As a nation that did righteousness, And did not forsake the ordinance of their God. They ask of Me the ordinances of justice; They take delight in approaching God. 3 'Why have we fasted,' they say, 'and You have not seen? Why have we afflicted our souls, and You take no notice?' "In fact, in the day of your fast you find pleasure, And exploit all your laborers. 4 Indeed you fast for strife and debate, And to strike with the fist of wickedness. You will not fast as you do this day, To make your voice heard on high. 5 Is it a fast that I have chosen, A day for a man to afflict his soul? Is it to bow down his head like a bulrush, And to spread out sackcloth and ashes? Would you call this a fast, And an acceptable day to the LORD? 6 "Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke? 7 Is it not to share your bread with the hungry, And that you bring to your house the poor who are cast out; When you see the naked, that you cover him, And not hide yourself from your own flesh? 8 Then your light shall break forth like the morning, Your healing shall spring forth speedily, And your righteousness shall go before you; The glory of the LORD shall be your rear guard. 9 Then you shall call, and the LORD will answer; You shall cry, and He will say, 'Here I am.' "If you take away the yoke from your midst, The pointing of the finger, and speaking wickedness, 10 If you extend your soul to the hungry And satisfy the afflicted soul, Then your light shall dawn in the darkness, And your darkness shall be as the noonday. 11 The LORD will guide you continually, And satisfy your soul in drought, And strengthen your bones; You shall be like a watered garden, And like a spring of water, whose waters do not fail. 12 Those from among you Shall build the old waste places; You shall raise up the foundations of many generations; And you shall be called the Repairer of the Breach, The Restorer of Streets to Dwell In. 13 "If you turn away your foot from the Sabbath, From doing your pleasure on My holy day, And call the Sabbath a delight, The holy day of the LORD honorable, And shall honor Him, not doing your own ways, Nor finding your own pleasure, Nor speaking your own words, 14 Then you shall delight yourself in the LORD; And I will cause you to ride on the high hills of the earth, And feed you with the heritage of Jacob your father. The mouth of the LORD has spoken."

In Short we saw in this book what is fasting and what it is not according to scripture. It is interesting that Adam and Eve sinned through food , The Nation of Israel also sinned because of hunger but Jesus did not sinned while fasting and he gives us the perfect example of one who food does not have power over him.